

Protect yourself and your loved ones this holiday season. *Get a flu shot!*

The holidays are a hectic time, so don't let the flu slow you or your loved ones down.

This season, share the gift of health—not the flu.

Get a flu shot today!

December is not too late to vaccinate.

While the best time to get a flu shot is October or November, a flu shot in December or later will still protect you and your loved ones against the flu.



Flu vaccine is available.

More vaccine has been produced this year than in past years. Talk to your health care provider.

The flu is far more dangerous than a bad cold.

It's a disease of the lungs, and it can lead to pneumonia, hospitalization and even death. More people die from complications of the flu than any other vaccine-preventable disease. Most are over 65 years old.

The flu shot will not give you the flu.

Flu vaccines are made from killed influenza viruses. These viruses cannot give you the flu.

People in good health still need a flu shot.

Even if you aren't at high risk of complications, you should get a flu shot to protect everyone you live with and contact.

still
It's ^ not too late to vaccinate.
Fight the Flu!

For more information: Ask your health care provider or contact the Centers for Disease Control and Prevention (CDC).
English: 1-800-232-2522 Español: 1-800-232-0233 TTY: 1-800-243-7889 www.cdc.gov/nip/flu



**Fight
the
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